

PATIENT INFORMATION

Devon CAMHS – Self Harm Help

Welcome to Devon Child and Adolescent Mental Health Service (CAMHS). We help all children, young people and families who are experiencing serious emotional and behavioural difficulties.

What is self-harm?

When young people inflict pain on themselves, it is usually a way of telling us that something is wrong, and the majority of those who self-harm have no intention of ending their lives. Self-harm includes such things as cutting, scratching, hair pulling, bruising, over-dosing, poisoning and burning.

It can be very difficult for family and friends to understand that these behaviours are often a way for releasing difficult emotions and feelings and can temporarily relieve tension.

Self-harm is often linked to depression and anxiety. It can be very dangerous and can leave long-term damage, so we take it very seriously and ensure we support young people physically, emotionally and psychologically.

When will we see you?

If you have been brought to the local paediatric ward following self-harm:

When the doctors on the ward feel you are well enough to leave hospital, you will see one of our team for an assessment before they can discharge you.

We'll give you the opportunity to share your thoughts and feelings with us alone, and we will also usually discuss things with your family and carers. We will ask you questions about you and your family, friends, education, work, general health and details about the self-harming. The assessment usually lasts about two hours. You will usually be able to go home with a plan we have agreed on together to keep you as safe as possible. After this, we will let the nurses and doctors know the outcome and you will mostly likely be free to go home.

Our assessment will take place on the ward the working day following your admission and you will be offered a follow up appointment shortly after.

When you come straight into CAMHS with serious concerns about self-harm:

We will also see you quickly if you have been referred into CAMHS with serious concerns about self-harm but you have not been admitted to hospital.

The assessment will be similar to the above, but will take place outside of the hospital. This will take place within seven days, after which a plan will be agreed with follow-up appointments as needed.

My plan to stop self-harming:

Who are the people I can talk to if I feel like self-harming?

1.
2.
3.

What are the things that usually trigger self-harm for me?

1.
2.
3.

What can I do to try to stop self-harming if I feel like doing it?

1.
2.
3.

What are some other things I can do instead of self-harming if I feel like I'm not coping?

1.
2.
3.

My follow up appointment is on:

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Useful Websites

www.samaritans.org

www.youngminds.org.uk

www.selfinjurysupport.org.uk

www.kidscape.org.uk

www.papyrus-uk.org

www.childrenandfamilyhealthdevon.nhs.uk

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.